



# NORTH DAKOTA GUARDIAN



THE  
*Happy Hooligans*

Volume 1, Issue 4

May 2008



## SECURITY SQUADRON

*Happy Hooligans Come to Minot*

**ALSO INSIDE:**

*Units Return, Guard Biathletes Compete*

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## Chief of Public Affairs

1st Lt. Dan Murphy

## Editor

Sgt. Eric W. Jensen

## Contributors

Capt. Penny Ripperger  
 Senior Master Sgt. David H. Lipp  
 Sgt. Amy Wieser Willson  
 Staff Sgt. Billie Jo Lorus  
 Sgt. Ann Knudson  
 Spc. Chris Erickson  
 Chaplain (Col.) William Ziegler  
 Tech Sgt. Samantha J. Clarker  
 Sommer Brown  
 Master Sgt. Lonnie Ballweg  
 Col. Robert Becklund  
 Chief Warrant Officer Kiel Skager  
 Sgt. Ken Thomas  
 Master Sgt. Doug Griffin  
 Michael Linnell  
 Sgt. Jonathan Haugen

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## ARTICLE SUBMISSIONS

Contributions to the *North Dakota Guardian* are encouraged! Send articles, photos and art to Editor, JFND PIO, Box 5511, Bismarck, N.D. 58506-5511.

Electronic submissions are preferred. Please e-mail stories in Word format to:

[eric.william.jensen@us.army.mil](mailto:eric.william.jensen@us.army.mil)

Phone: 701-333-2195 Fax: 701-333-2017

Digital photos should be at least 300 dpi.

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## On the Cover

**Watchful Eyes:** Staff Sgt. Martin Waller, 119th Wing Detachment 2, Security Forces Squadron, takes aim at a target on Minot Air Force Base during a training exercise. (U.S. Air Force photo by Senior Master Sgt. David H. Lipp)



# VIEW FROM THE TOP

Brig. Gen. Alan Dohrmann, Land Component Commander

## **“Budite pripremljen da ispunite nas’u duz’nost” (“Be prepared to execute our mission”)**

**W**hen I was a Boy Scout, I learned to “Be Prepared” and to always leave my campsite better than I found it. Great advice when an individual or military organization is preparing to lead a multi-national Peace Enforcement operation.

The North Dakota Army National Guard received a “notification for training” and “Alert Order” to execute the “Balkans 12” mission which includes leading a Multi-National Task Force within the Kosovo Force (KFOR). KFOR is comprised of four Multi-National Task Forces. These four Task Forces total 16,000 peacekeepers from 34 nations whose mission is to provide a “safe and secure environment” for all the people of Kosovo. As the lead United States force in KFOR, the North Dakota Army National Guard will command Multi-National Task Force – East (MNTF-E), which is comprised of 1,400 American Soldiers – of which approximately 700 will be from the North Dakota National Guard – and an additional two composite battalions of Soldiers from Armenia, Greece, Lithuania, Poland, Romania and Ukraine.

With the arrival of the “Alert Order”, it was time for the North Dakota National Guard to “Be Prepared” for the possibility of being mobilized to execute this mission. We need to add new phrases to our vocabularies, such as “information engagement”, “liaison and monitor teams” and

“administrative boundary line”, and learn to pronounce the name of every municipality in Albanian and Serbian, within Kosovo (Serbian)/Kosova (Albanian).

The planning process is well underway.

We have manned most of the North Dakota positions on the Deployment Manning Document and informed soldiers of their responsibilities and individual training requirements. We are finalizing an aggressive training plan that will prepare our staff to command and control a multi-national task force; we are preparing to transform our 231 Brigade Support Battalion into a maneuver task force; and calling upon our 957th Multi-Role Bridge Company to execute a community based liaison and monitoring mission. This is not the first time, nor will it be the last, that we have asked our units to perform a mission outside of its doctrinal mission-set. And, like all the units we have deployed since Sept. 11, the members of KFOR 12 will rise to the challenge.

It will be my great honor to lead this mission and deploy with this state’s outstanding Citizen-Soldiers and, with some cooperation from the Army and Air Force, our Citizen-Airmen. Building on the tradition of our organization’s many endeavors, our Guardsmen will step up and meet the challenges of this mission and leave the situation in Multi-National Task Force – East better than we found it.



***“It will be my great honor to lead this mission and deploy with this state’s outstanding Citizen-Soldiers”***

**NATIONAL GUARD**  
*North Dakota*

# UPARs Receive the 'Write' Kind of Training



Sgt. Ann Knudson, Joint Force Headquarters

**Spc. Drew Balstad, 116th Public Affairs Detachment, assists Cpl. Erin Engel, Recruiting and Retention Command, in composing a press release during the Unit Public Affairs Representative course in Bismarck.**

*By Spc. Chris Erickson,  
116th Public Affairs Detachment*

The first of two Unit Public Affairs Representative courses being conducted this year was held at the Raymond J. Bohn Armory April 12.

Twelve Soldiers, one Airman and a civilian contractor learned about the different aspects of unit public affairs, including writing, photography and interacting with the media. The 116th Public Affairs Detachment (PAD) taught the day-long course, and highlighted the importance of getting the military's story to the public.

Staff Sgt Billie Jo Lorius, 116<sup>TH</sup> PAD, said the basic premise of the course is to teach service members how to tell their units' stories.

"I hope they will be able to take this information back to their units, and use it to enhance media coverage of their units," Lorius said.

"It's important for commanders to encourage them to implement their skills and to support their mission," she continued.

Lorius added that the course could help units effectively communicate their information to the public.

Tech. Sgt. Adam Dewey, with the 119<sup>th</sup> Wing, Detachment 2 in Minot, volunteered to come to the course. Dewey said since his unit is brand new, "the importance of visibility is a big thing."

He said one thing he took from the course was "the different ways of getting the knowledge base out there." He added that it was important to talk to the media and the public.

Sgt. Janel Schwab was selected from her unit, the 136<sup>th</sup> Combat Service Support Battalion in Devils Lake. Schwab said something she took from the course was to "always keep the uniform in mind." She said telling the military's story was an important thing to do.

Sgt. 1<sup>st</sup> Class David Dodds, the PAD's acting first sergeant, said he wanted the people who attended the course to go back [to their units] with a feeling that the media is there to work with the military.

"I hope they go back to their units energized about telling their respective stories through the news media," Dodds said. "I am ecstatic with the enthusiasm that the turnout reflects. It shows that there is a lot of support from units throughout the state to get their service members to this class so they can help tell the Guard story."

The next UPAR course will take place in Fargo August 23. For more information, contact Sgt. Eric Jensen at [eric.william.jensen@us.army.mil](mailto:eric.william.jensen@us.army.mil).



## Officer Candidate School Alumni:

**Soldiers from the 164th Engineer Battalion take advantage of a photo opportunity, March 24, as they stand near the Smith Gate courtyard; a reference to Sgt. 1st Class Paul R. Smith who is a recipient of the Medal of Honor for his heroism during combat operations in Iraq in April of 2003. Seven of these Soldiers are graduates of the North Dakota Officer Candidate School program in which either Maj. Leo Ryan or Maj. Lonnie Punton served as their TAC (Taining, Advising and Counseling) Officers.**

### Front Row (from left to right):

**1st Lt. Steve Bohl, Capt. Shawn Markovic,  
1st Lt. Trevor Bakalar and Capt. Tom Leingang**

### Back Row:

**Maj. Lonnie Punton, Capt. Ray Ripplinger,  
Maj. Leo Ryan, Capt. Mark McEvers and  
1st Lt. Dana Schagunn.**

# TRICARE Available to More Guardsmen



TRICARE Website

**T**he vast majority of National Guard and Reserve members in the Selected Reserve now have access to a robust TRICARE Reserve Select (TRS) health care plan under changes mandated by the National Defense Authorization Act of 2007.

The restructured TRS is affordable and streamlined, featuring continuously open enrollment and monthly premiums of \$81 for the service member only and \$253 for the service member and family.

Coverage is comparable to TRICARE Standard and Extra. Members of the Selected Reserve can find out more about TRS and how to purchase coverage through the “My

Benefit” portal at [www.tricare.mil](http://www.tricare.mil).

TRS covers services similar to TRICARE Standard and TRICARE Extra. Some of the covered services included are annual eye exams, behavioral health care, emergency and urgent care, immunizations and health screenings, maternity care and prescription coverage.

Gone are the complicated tiers and qualifications, service agreements and varying premiums levels of previous TRS versions.

But, there is an important new exclusion.

Excluded from purchasing coverage under the restructured TRS are Selected Reserve members who are eligible for Federal Employees Health Benefits (FEHB), or currently covered under FEHB (either under their own eligibility or through a family member).

By law, TRICARE can not extend TRS coverage to those Guard and Reserve members who are eligible for FEHB programs as defined in Chapter 89 of Title 5 U.S.C.

Qualified members of the Selected

Reserve who wish to purchase TRS coverage under the restructured program must go to the National Guard and Reserve Web portal at <https://www.dmdc.osd.mil/appj/trs/> and follow the instructions to access the new TRS Request Form.

In order to receive benefits, you must submit an initial payment equal to one month's premium with your complete TRS request form to begin coverage. Premiums can be paid by check, money order, cashier's check or Visa/MasterCard.

Payments are due no later than the 30<sup>th</sup> of the month. Payments are applied to the following month of coverage. Failure to pay premiums by the date due will result in ruminantion of coverage. This also will result in a one-year purchase lockout.

National Guard and Reserve members may also contact their Reserve Component points of contact if they have additional questions about eligibility for TRS.

The point of contact for the North Dakota National Guard is Spc. Mika Putz at 701-333-3324 or [mika.lynn.putz@us.army.mil](mailto:mika.lynn.putz@us.army.mil). You may also log on to [www.tricare.mil](http://www.tricare.mil) or call 1-888-TRIWEST (1-888-874-9378).

## Military Members Offered Summer Fun

Mountain Home Air Force Base Press Release

**I**f Yellowstone National Park is in your summer vacation plans, consider the Yellowstone Country Trailer program provided by the Mountain Home Air Force Base.



Submitted Photo

**An outside view of one of ten trailers offered to military members at Flagg Ranch, located just outside the South entrance of Yellowstone National Park.**

The program is available to active duty, guard, reserve, and retired military personnel, civilian DOD and their families and offers 15 trailers that are set up and ready to move into.

The trailers include utilities such as water, sewer, gas and electricity — already connected for your convenience. They also come equipped with dishes, pots and pans and other accessories to make a functional kitchen.

Outdoor Recreation Director at Mountain Home Air Force Base Mark Lothrop says, “We will have over 400 families take advantage of this program. We are open from Memorial Day through mid-September with fifteen trailers at two great locations. We should be able to meet your needs.”

The trailers sit at two locations. Flagg Ranch, located just outside the South entrance to the park holds ten trailers and offers a variety of activities including fishing, hiking and horseback riding. The rate for Flagg Ranch is \$80.00 a night.

Five more trailers are offered at the

Yellowstone Holiday RV Campground and Marina, located 13 miles north of West Yellowstone, Mont. The rate also is \$80.00 per night.

While this may sound expensive for camping, remember — the set up and installation of the trailers is complete. Since the trailers have fully functioning kitchens including, oven, refrigerator and microwave, a family can enjoy substantial savings by avoiding restaurant eating. Motels in the area are well over \$100.00 a night and do not have spots for evening camp-fires or cooking. Mark Lothrop, Program Director, states “the trailers are in great condition and we are ready for another great summer”.

Beginning on April 1 the Outdoor Recreation office begins accepting telephone reservations for the months of May and June. On May 1, they will accept reservations for the month of July. Beginning June 2, you can phone in reservations for the months of August and September.

Contact Outdoor Recreation at (208)-828-6333 or DSN 728-6333 for reservations or any questions.

# Services Flight Provides More Than Food

By Tech Sgt. Samantha J. Clarke,  
119th Services Flight

Many are under the impression that the services flight is all about cooking ... well, I am here to tell you that we are not just cooks anymore! Services is a broad career field encompassing five core



Senior Master Sgt. David H. Lipp, 119th Wing

**Tech. Sgt. Samantha J. Clarke, 119th Services Flight, works out on an elliptical trainer in the North Dakota Air National Guard fitness center.**

areas: food service, mortuary affairs, base lodging, fitness and recreation. I would like to give you some insight into one of these core areas, the Air Force Fitness and Sports Program.

Whenever anyone deploys anywhere in the world, Airmen use the fitness center to stay "Fit to Fight." Did you know that fitness centers are run by Services? We have fitness centers so Airmen can contribute to mission readiness by maintaining physical fitness.

Fitness staff must attend the U.S. Air Force Fitness Fundamentals course in order to give equipment orientation and must be CPR certified. Fitness personnel also can take advanced courses at the Cooper Institute for Aerobics Research and the American College of Sports Medicine. Fitness staff are involved in core and enhanced fitness programs. These programs add to cardiovascular fitness, strength training/conditioning and flexibility. A variety of equipment is used including treadmills, elliptical machines, aerobic classes and walking/jogging programs.

The Services Flight offers many services such as sports, fitness and leisure time activities. The activities are similar to that on active duty bases. The Fitness and Sports

Program is generally made up of team core sports. These include flag football, volleyball, softball and basketball. Many of these sports are played through intramural or extramural programs.

There are varsity programs for higher-level athletes, giving them an opportunity to compete at a higher level. Beyond varsity programs, higher-level competition is designed for elite athletes. These athletes can participate in Air Force Training Camps, Pan American Games, Armed Forces Championships and even the Olympics.

The fitness center also provides many types of tournaments. Fitness staff determines the appropriate play format for any one of the sports activities. There are four types of tournaments that fitness staff would deal with single and double round robin and single and double elimination. This gives the base the opportunity to participate and possibly even have awards and prizes for the tournaments, depending on the number of participants and the funding available. Of course, there are schedules, bylaws and the Fitness and Sports Advisory Council to deal with, too. Now, the 119th Wing knows a little more about the Services career field.

## What Was God Doing Before He Created North Dakota?

By Chaplain (Col.) William Ziegler,  
Joint Force Headquarters



Senior Master Sgt. David H. Lipp, 119th Wing

**Chaplain (Col.) William Ziegler**

### Chaplain's Corner



*In the beginning God created the heavens and the earth ... — Genesis 1:1*

When my son, Zachary, was little — perhaps four years of age — he was with me on an early morning ride out into the countryside from Fargo. Zach was in his car seat in my truck as we headed out on a gravel road to a rural church where I was filling-in for a vacationing pastor.

It was one of those glorious early fall mornings in North Dakota. The sun was coming up in my rear-view mirror and sunflowers surrounded us as far as the eye could see. They were resplendent with their

yellow heads, all facing east and standing at attention welcoming the morning rays. It was then that Zachary stirred and turning to me asked, "Dad, what was God doing before he created North Dakota?"

Well, I had to pull the truck over to the side of the road and stop. My eyes filled with tears as I fumbled for words. You see from my training I knew that Zach had just asked the famous Augustinian question. In the third century, Saint Augustine was asked by one of his students at the university what God was doing before he created the universe. Here was a fundamental theological question coming out of the mouth of a child and I wanted to treat it with care and not in the cavalier way Augustine did with his student. In that case the great teacher replied, "Creating hell for people like you who ask questions like that!" That's not what I wanted to say to Zachary.

As I looked out over the beautiful sea of

*...continued on page 7*

EARN UP TO  
**\$2,000**

WITH G-RAP OR ESAR

Promote strength from within by recognizing and rewarding those who help the ARNG achieve its goals!

## G-RAP

Guard Recruiting Assistants (RAs) can earn additional income assisting North Dakota Army National Guard recruiting efforts by identifying well-qualified men and women for service in the NDARNG. RAs earn \$2,000 for each new recruit who enlists and reports to Basic Training or for each prior service member who affiliates with a unit for four months.

Visit [www.guardrecruitingassistant.com](http://www.guardrecruitingassistant.com) for more information on ESAR.

Upon enlistment, the RA will receive an initial payment of \$1,000, with a second \$1,000 payment upon successful shipment of a NPS to Basic Training. As for a PS recruit, the RA will receive the initial payment of \$1,000 upon enlisting in the Army National Guard with SIDPERS and ARISS having been updated, and the second \$1,000 payment upon successful drilling of 120 days in their unit. Note: Exact payment timelines may vary depending upon prior service/ non-prior status and availability of training seats.

## ESAR

**Full-timers: Don't forget, you are eligible to earn \$2,000 for each referral who enlists too!**

Every Soldier a Recruiter (ESAR) is a referral bonus pilot program that provides select Soldiers the opportunity to assist with the ARNG's recruiting efforts and it rewards those efforts with referral bonuses up to \$2,000.

Individuals who are eligible for this program are Soldiers in the North Dakota Army National Guard (NDARNG), including AGR soldiers on Active Duty, Military Technicians, Active Duty for Special Work (ADSW) and Retired personnel.

Visit [www.1800goguard.com/esar](http://www.1800goguard.com/esar) for more information on ESAR.

Note: The ARNG ESAR program should not be confused with the ARNG's current Guard Recruiting Assistance Program (G-RAP), which is a civilian contract recruiting program. ESAR cannot be combined with G-RAP.



WWW.NDGUARD.COM  
 1-888-ND-GUARD

... "Chaplain's Corner" continued from page 6

yellow I found my words. I told him I wasn't certain what God was doing, but whatever it was, it was good and great and beautiful. We then continued on our way to church.

At that time I was teaching in the School of Religion at NDSU and every semester I would poll my students for their area of study. There were plenty of scholars in agriculture, English and engineering, but no one ever said, "theologian." Yet, here was a 4-year-old asking a fundamental theological question. I concluded that somewhere between 2 and 21, young people learn that such questions are too dangerous to ask and thus theology

cannot possible apply to them. Often I thought the university was more adept at grinding grain than fostering well-rounded scholars.

The book of Genesis gives us some guidance on fundamental theological questions. *In the beginning God created ... and it was good ...* I have thought about this in relation to the war we are fighting and our work as Soldiers and Airmen. Our profession of arms is often the opposite of creation. However, when we seek to serve the ultimate goal of creation our work is noble and true. When we create conditions where chaos does not have the last word we serve a God who blesses our work.

Some see the profession of arms as evil. I do not. I know that the evil of chaos would overtake this world if it were not for men and women willing to serve. We must serve God's goals. This is what enables military members of the Armed Forces to tread "where angels fear to go" and return home secure in the knowledge their work is good.

*Chaplain (Col.) William Ziegler is the Air National Guard assistant to Headquarters Pacific Air Forces, Office of the Command Chaplain (PACAF/HC). He is a North Dakota Air National Guardsman attached to the Joint Force Headquarters.*



## AIR GUARD'S SECURITY FORCES SQUADRON GETS CLEAN BILL OF HEALTH

Story and Photos by  
Senior Master Sgt. David H. Lipp,  
119th Wing

**P**roviding security for the missile sites near the Minot Air Force Base is a new mission for the North Dakota Air National Guard and the 119th Detachment 2 — soon to be the 219th Security Forces Squadron in Minot, N.D.

Along with the new security mission came new requirements and standards that must be met by the personnel working in the sensitive weapons arena.

One of those new requirements for the 119th Security Forces Airmen working around the missile fields is the personnel reliability program. PRP includes medical tracking and health maintenance to ensure that people who perform duties involving nuclear weapons are medically fit and trustworthy.

“We don’t want our people to stress out about the PRP requirements,” said Master Sgt. Lonnie Ballweg, PRP clinic noncommissioned officer in charge. “We are here to help them with their health and fitness so they can perform their duties to the best of their abilities.”

Colocated with the 5th Medical Group’s PRP clinic at Minot Air Force Base, the Air Guard PRP clinic saw its first patients April 1. Plans to stand up the Air Guard part of the clinic were set in motion with the arrival of Ballweg in June 2007.

“When I first got here we didn’t even have a room in the clinic,” he said. “We had to come up with support agreements with the Minot AFB concerning office space, equipment usage, manpower support, medical lab support, optometry, bio-environmental, mental health, public health and training.”

Now they have two offices, two exam rooms and an equipment room to facilitate their full staff of three.

Along with Ballweg, Tech. Sgt. Stacey Bucholtz began attending unit training assemblies in the PRP clinic in November 2007, and the full-time physician’s assistant, 1st Lt. Dawn Back, came on board March 1. A traditional Guard member, Bucholtz also works full-time in a civilian contractor status as a registered nurse in the very same building.

“It seems like all of our 119th Wing Detachment 2 personnel have been perfectly designed for their positions,” Back said, “and Lt. Col. Tad Schauer, 119th Detachment 2 commander, has taken very good care of us.”

According to Ballweg, the cooperation between the active-duty 5th Medical Group, the PRP clinic personnel and the Air Guard

members has gotten off to a good start.

"The 5<sup>th</sup> Medical Group has been more than accommodating in the support of the Air Guard," Ballweg said. "Once they had an understanding of what our requirements were, they were very responsive in assisting with the development of the 119<sup>th</sup> Detachment 2 PRP clinic."

"While our first three appointments are reserved for Air Guard patients and consultations each day, we fully support the active-duty side of the PRP clinic in their patient care," Back said.

The patient services provided to meet Air Guard member requirements on a daily basis at the clinic include items such as; vaccinations, blood draws, medical history reviews and health and wellness counseling. The clinic also will fulfill the annual PHA-Quick requirements for all of the Detachment 2 personnel during unit training assemblies.

The cooperative efforts of the 5<sup>th</sup> Medical Group are a great example of the North Dakota Guard and U.S. Air Force personnel helping each other to stay ready and relevant in North Dakota military missions.

## Airman Uses Past Experience for New Training Role

*By Master Sgt. Lonnie Ballweg, 119th Wing Detachment 2 Health Services Technician*

Master Sgt. Steven Scheuer of Bismarck is the first traditional Guardsman of the 119<sup>th</sup> Wing Detachment 2 Security Forces Squadron to conduct missile field security training for the new detachment while deployed to the missile field. He is setting the pace for the new squadron as members begin a cooperative effort of supporting missile field security at Minot Air Force Base.

Scheuer, who served four years active duty at Minot Air Force Base is happy to be back in Minot, where his military career began.

"Having been here before gives me a great deal of comfort with this new mission," Scheuer said.

Scheuer was stationed at Minot Air Force Base where he performed missile field security. He is uniquely tasked with many of the same duties that he did as an active duty Airman.

"Master Sgt. Scheuer's experience of working in the missile field when he was active duty has been extremely beneficial to the Air Guard, but the active duty can benefit from his experience as well," said Lt. Col. Tad Schauer, Detachment 2 commander.

With the resources provided by the Air Guard, the active duty will benefit during times of personnel shortages and surge requirements. The Air Guard will provide the additional capability to supplement the force and create better training for both parties involved. In addition, the Air Guard will benefit with programs focused on mentorship and training with their active-duty counterparts.

"As this new mission continues to stand up and create Air National Guard and active-duty history, we are proud to say we have the beginning of a great relationship," Schauer said.



**Opposite Page:** U.S. Air Force Master Sgt. Lonnie L. Ballweg, 119th Wing Detachment 2 health services technician, places a wrist brace on Tech. Sgt. Stacey L. Law, 5th Bomb Wing, during a patient wellness visit as 1st Lt. Dawn R. Back, 119th Wing Detachment 2 physician's assistant, looks on at the personnel reliability clinic (PRP), Minot Air Force Base April 1. **Above:** Master Sgt. Steven J. Scheuer, 119th Detachment 2 Security Forces Squadron, demonstrates physical apprehension and restraint techniques for North Dakota Air National Guard members during the Dec. 1 unit training assembly at the Minot Air Force Base.



Sgt. Lynette Hoke, Minnesota National Guard Public Affairs

# The Long Path to Victory

**North Dakota Guardsman Achieves Epitome of Biathlon Success**

Story by Sgt. Amy Wieser Willson,  
Joint Force Headquarters



When Sgt. Blake Hillerson decides to do something, he's going to do it no matter what obstacles he might face along the way. When it came to becoming a world-class biathlete, he didn't let his lack of skiing ability or five years of roadblocks stop him. His fortitude paid off in March when he became the first North Dakota National Guard member ever to make the All-Guard National Biathlon Team.

"Blake did very well. It's quite the accomplishment," said Maj. Teresa Benevento, National Guard Athletic Director, of Vermont.

As part of the team, Hillerson will train mainly in Jericho, Vt., although training also takes place in Utah. During the off-season, the team often competes in Spain and Chile. Other international travel is possible, as well. For instance, the team competed in Germany in February. Some All-Guard Team members also can train with two national coaches.

"Blake was approached by the coaches and asked if he'd like to

work with them," Benevento said.

With this instruction, World Cup competitions and Olympic trials may be a possibility. Hillerson hopes to be ready for the 2014 Olympics.

"I think his accomplishments are a direct reflection of his passion for the sport," Lt. Col. Dave Skalicky, who coaches North Dakota's team, said of Hillerson. "He definitely has a passion for skiing and shooting and that's why he represents us. It's also a testament to his dedication. It's a Soldier trait."

## **STARTED WITH DAD**

The idea to try biathlon started with Hillerson's father, James, of Fargo.

"In the fall of 2001, two months after finishing basic training at Fort Sill, Okla., some how my dad — the one who had originally

## WORTH THE WAIT

Hillerson's chance finally came this year. He competed in the Central Region competition at Camp Ripley, Minn., and placed third in both the sprint and pursuit races. Then came a stressful week for the national competition in March, which also took place at Camp Ripley. Hillerson started the competition week with a 10-kilometer sprint race, in which he placed fifth and obtained 84 percent. He then quickly headed back to school, studied, took a test Tuesday and then returned to Camp Ripley for the 20-kilometer race and team events.

He knew the 20-kilometer race was his best chance for making the All-Guard Team. He needed to be within 85 percent of the leaders to qualify. He placed fifth with a time of 1 hour, 11 minutes and 10.6 seconds and within 88 percent, bringing his two-race average to 85 percent.

Hillerson then went on to help North Dakota's team achieve its best finish ever.

"He's an awesome teammate," Skalicky said. "It's just not all about Blake. He's an awesome team player."

Hillerson, Kent Pulst and Spc. Brandon Pulst of Grand Forks placed fourth in the 3-by-7.5-kilometer relay. The North Dakota team also placed fifth in the 12-kilometer patrol race, which included team members Hillerson, Kent Pulst, Brandon Pulst and Spc. Hilary Mehrer of Bismarck. Altogether, the team placed sixth out of the 18 states competing at nationals.

### Biathletes Provide the Motivation, Guard Provides the Gear

By Sgt. Ken Thomas,  
426<sup>th</sup> Signal Network Support Company

When Sgt. Blake Hillerson first decided to get involved with a sport called biathlon, he realized quickly that it would not be cheap. Hillerson explains biathlon as "the combination of cross-country skiing and rifle marksmanship," with a required investment of \$3,000 for a rifle and hundreds of dollars more for skis, poles and wax.

In the fall of 2001, two months after finishing basic training in Fort Sill, Okla., Hillerson's father (who convinced him to join the Guard) was now encouraging him to contact the North Dakota National Guard Biathlon team in Bismarck. He did, and after a phone conversation and a two-and-a-half-hour drive to Bismarck, he had all the necessary gear to get started with North Dakota's team.

Those interested in doing the same should contact Lt. Col. Dave Skalicky, team coach, at 701-333-2147 or david.a.skalicky@us.army.mil. The team is limited to seven people, including at least one female, Skalicky said. The Guard provides all of the necessary equipment for team members.



Lt. Col. Dave Skalicky, Joint Force Headquarters

**Opposite Pages** Spc. Jordan Becker and Spc. Hilary Mehrer visit before the 27th Annual Chief National Guard Biathlon Championships at Camp Ripley, Minn. **Above** Sgt. Blake Hillerson takes aim as he attempts to successfully shoot all of his targets. **Above, Right** Sgt. Blake Hillerson, 426<sup>th</sup> Signal Company. Hillerson competes with the North Dakota National Guard Biathlon Team. The team placed sixth among 18 states competing at the National Guard National Biathlon Championship March 9-15 at Camp Ripley, Minn.

encouraged me to join the Guard — found out that North Dakota had a biathlon team. Knowing that I had a keen eye on the range, he convinced me to call Bismarck about the team," Hillerson said.

He connected with the team and soon had all of the necessary equipment to compete, although he admits, "I didn't even know how to ski."

Hillerson had classic-skied as a child, but biathlon involves skate-skiing. His only Guard teammate at the time, Sgt. 1<sup>st</sup> Class Kent Pulst, of Penn., N.D., helped him, and Hillerson practiced on his own in Fargo. By 2003, North Dakota had filled a team, but "weeks before the nationals I was activated with the 142<sup>nd</sup> Engineers and within days was in Fort Carson, Colo.," Hillerson said. The mobilization overlapped the 2004 competition, as well.

In 2005 and 2006, North Dakota was unable to pull together a full team. In the meantime, Hillerson became involved with the Nordic Ski Club at the University of Minnesota in Minneapolis, where he majors in economics. He practiced with the club and competed in 50-kilometer skiing marathons. In 2007, school commitments kept Hillerson from competing with the Guard, which had formed a team.



# 119th Wing Prepares for New Fitness Test

*Something Old, Something New, Something Borrowed ... Definitely Blue*

By Col. Robert Becklund,  
119th Wing Commander

The 2008 physical fitness test for the 119<sup>th</sup> Wing will be implemented from May through August. In the next four months, 800 Airmen will be scheduled for testing by their Unit Training Fitness Manager.

**Something Old** - The push-ups, sit-up and flexibility procedures used in the past will remain. These measurements will be performed by the respective fitness manager. Twenty percent of the fitness score will be allocated to the push-up and sit-up portion of the test. A total score of 70 is still required to meet "marginal" passing criteria involving ANGI 10-248 standards.

**Something New** - Airmen 35 and younger will be required to run 1.5 miles outdoors to assess their cardiovascular fitness. The 3-minute step test will not apply to them unless a waiver / profile is established.

Members older than 35 will have the option to complete the 1.5 mile run, unless the individual has identified "yes" on the assessment screening form documenting two or more risk factors, which will require them to perform the 3-minute step test.

If the member with documented risk factors still chooses to perform the 1.5 mile run, they must obtain written permission from their civilian provider that gives them unrestricted Air Force fitness testing clearance for the run. Cardio respiratory fitness constitutes 50 percent of the score.

**Something Borrowed** - With the majority of the Wing personnel required to



Senior Master Sgt. David H. Lipp, 119th Wing

**Master Sgt. Sean T. Oscarson, 119th Maintenance Squadron, lifts weights at the North Dakota Air National Guard fitness center.**

perform the 1.5 mile run, the testing will now fall within a four-month vs. 12-month window since the North Dakota climate precludes year-round testing outdoors. Testing will also include block scheduling similar to the PHA-Quick to expeditiously and accurately assess all members. Medical personnel will be taking all anthropometric measurements including weight, height and abdominal taping. Body composition will comprise the remaining 30 percent of the fitness score.

**Definitely Blue** - Fitness is everyone's

responsibility, especially considering our deployment potential and requirements for medical readiness in an era of high operational tempo. The 119<sup>th</sup> Medical Group also houses a myriad of experts to help design a fitness program to help members improve their personal health and fitness levels.

If you have questions regarding testing or requirements, please contact Maj. Bob Schulte, fitness program manager, at robert.schulte@ndfarg.af.mil, or call the clinic for more information at ext. 606.

## Line Officer Board Planned for Logistics Readiness Officer Position

A Line Officer Board will take place during the 119th Wing's June unit training assembly for the position of Logistics Readiness Officer (Traditional).

Minimum requirements to apply are:

- Current members of the North Dakota Air National Guard
- Bachelor's Degree or 90 semester hours from a 4-year degree granting institution
- Younger than 34 or be eligible for an age waiver
- Age waivers may be granted up to age 40, depending on prior service experience.
- Qualifying AFOQT scores

- Be able to pass commissioning physical

**Applications are due to the 119<sup>th</sup> MSF/DPMQ no later than June 3 and must contain the following items:**

- Officer application (located on Sharepoint/A1/MPF/Documents)
- Cover letter
- Resume
- Letters of recommendation
- Original transcript

If you have any questions, contact Master Sgt. Barb Anderson, personnel office, at 701-451-2246.



# Guardian *Snapshots*



## Family Support

Front row from left to right; Command Sgt. Maj. Jack Cripe, state command sergeant major; Brig. Gen. Alan Dohrmann, land component commander and Maj. Gen. David Sprynczynatyk, North Dakota adjutant general display the Guard Family Covenant with North Dakota National Guard family members at the Kelly Inn, Bismarck April 13. The Guard Family Covenant is a document that pledges the leadership's ongoing commitment to the support of families of North Dakota National Guard members.

Chief Warrant Officer Kiel Skager, Joint Force Headquarters

## Top Model

Senior Master Sgt. Michael W. Schreiner, 119th Security Forces Squadron, places toy cars in place on a table-top model of the North Dakota Air National Guard base to represent actions that take place in an exercise scenario for training.



Senior Master Sgt. David H. Lipp, 119th Wing

# Soldier Overcomes Typically Fatal Condition

## Quick Work by Army Guard Medical Staff Saves Life

Story and photo by Master Sgt. Doug Griffin,  
68th Troop Command

**H**ad Sgt. Adam Ritchie been any other place than drilling with the 2-285th Assault Battalion's Company C in October 2007, he probably would be dead. God had other plans for the 30-year-old Blackhawk mechanic.

Ritchie was making the short drive from the Aviation Support Facility to the 1-112th Aviation Security & Support Battalion Headquarters for his annual medical screening. Suddenly, Adam began having chest pains. Upon arriving, he immediately notified Col. Gordon Leingang, flight surgeon, that he thought he was having a heart attack.

Leingang, an emergency trauma physician, sprang into action and quickly assessed the sergeant's condition. Ritchie's physical assessment didn't corroborate with a heart attack. The pain intensified. Then, "It was like someone was pouring a pitcher of warm water inside my chest," Ritchie said.

That feeling was his own blood. The largest artery in his body, the aorta, had dissected. This situation quickly becomes fatal for most who experience it. The layers of the aorta come apart, causing the victim to bleed to death internally within minutes.

"Most people that suffer an aortic dissection don't survive," said Dr. Michael Brown, a retired Guardsman and cardiac surgeon.

Leingang immediately called in two flight medics, Staff Sgt. Eric Heupel and Sgt. Steve English, from the next office. Both are paramedics and work with Leingang in their civilian jobs. Time was against them. Following instructions from Leingang, the medics started IVs on Ritchie, quickly performed an EKG and "packaged" him for the ambulance. The medics tended to Ritchie while Leingang relayed crucial information to the inbound paramedics. With informed paramedics on their way, Leingang then contacted his civilian employer, St. Alexius Emergency Trauma Center.

Leingang had a good idea as to what was afflicting Ritchie. He relayed all the vital



**Col. (Dr.) Gordon Leingang (center) looks at a heart rhythm with his flight medics, Sgt. Steve English (left) and Staff Sgt. Eric Heupel.**

information to the emergency department and told them the medical specialists he wanted standing by.

Ritchie said it was unbelievable how Leingang coordinated the response. He doesn't remember much from that point on. With his life hanging in the balance, things went quickly.

Once Ritchie arrived at the hospital he was quickly prepped for surgery to repair the aorta.

Word of the incident spread fast throughout the four units that drill at the Army Aviation Facility in Bismarck. Ritchie's long-time friend and commander of the 1-112<sup>th</sup> Headquarters and Headquarters Company, Capt. Douglas Larsen, went to visit Ritchie at the hospital.

Ritchie's former unit, the 164<sup>th</sup> Engineer Battalion's Company A, also was called. Several of Ritchie's former unit members immediately traveled an hour and a half to St. Alexius hospital to be with him. Ritchie would later comment that the support from fellow Guardsmen was "unbelievable."

Ritchie had mobilized with the Minot-based unit, which conducted Trailblazer missions in Iraq. The unit patrolled main

supply routes, searching for and destroying roadside bombs. Company A's performance was exemplary — Soldiers located and destroyed more than 450 bombs — but not without cost. Spc. Michael L. Hermanson was killed May 23, 2006, when a rocket-propelled grenade struck his vehicle.

Ritchie experienced the effects of the dangerous mission. He had a number of near misses and has pictures of a direct hit. An up-armored Humvee he was patrolling in was hit by a roadside bomb. A picture he had shows the vehicle demolished and the wheels missing.

Doctors believe the concussion from these blasts likely weakened Ritchie's aorta. Ritchie said Brown told him that, "aortic dissections just don't happen to 30-year-old guys."

Ritchie has had several surgeries since the initial medical emergency. Six surgeries for his lower leg alone have worked to remedy problems after a piece of aorta traveled through his body and settled in his leg. Additional surgeries are scheduled for his aorta and leg.

"God was definitely watching over me that day," Ritchie said.

# Ready to Respond

New 81<sup>st</sup> CST Building Situates N.D. Guard for Rapid Reaction to Major Events

*JFND Public Affairs Office*

The newest building in the North Dakota National Guard houses some of the Guard's most highly trained Soldiers and Airmen along with some of the most modern, technological equipment used by the Guard. A ribbon-cutting ceremony April 21 dedicated the Weapons of Mass Destruction/Civil Support Team building, which is near the entrance of the Fraine Barracks complex. The 24,000-square-foot facility, which was federally funded at a cost of \$4.419 million, serves as the headquarters and operating offices for 22 full-time Army and Air Guard members.

Lt. Col. Larry Shireley commands the unit, which falls under the Commander in Chief, Gov. John Hoeven.

"The two biggest things that this building has really allowed us is, first, the opportunity to keep the vehicles inside and maintain them on a daily basis," Shireley said. "Because it's temperature-controlled there's no concern about the weather possibly impeding our response. Secondly, we have

an outstanding classroom that provides us with training availability we did not have before. We already have two classes scheduled for the end of May."

The CST worked from a leased building since 2004. The new, permanent location was designed specifically to accommodate the unit's vehicles and high-tech equipment. The response assets include a mobile analytical laboratory, satellite downlink capabilities and monitoring and detection equipment for biological, chemical and radiological agents.

"The 81<sup>st</sup> Civil Support Team is an extremely valuable asset and an important component of North Dakota's homeland security strategy," said Maj. Gen. David Sprynczynatyk, adjutant general. "This new state-of-the-art facility will provide our highly specialized and technologically advanced unit with the space and amenities necessary for effective training and operations."

Due to the nature of their mission, all CST members live within a 30-mile radius of Bismarck. They are highly trained

and packed and ready to respond to at a moment's notice to a hazardous material spill, natural disaster, terrorist incident or related event. The Advanced Team responds within 90 minutes when called, with the full team following no more than 90 minutes later.

"The North Dakota National Guard does outstanding work, both here at home and abroad," Hoeven said. "Our Civil Support Team enables our Guard to respond to weapons of mass destruction, or assist local authorities in the event of a chemical, biological or other emergency. National Guard members chosen for this team acquire more than 800 hours of training with the National Fire Academy, FEMA, EPA and DOE, beyond their military occupational skills. We appreciate the support of the National Guard Bureau for our five year plan, which included this facility for our CST."

The 81<sup>st</sup> CST is one of 55 full-time National Guard teams, which are located in every state and territory.



Photo illustration by Sgt. Jonathan Haugen, 116th Public Affairs Detachment

**Maj. Gen. (Ret.) Mike Haugen, Architect Mr. Jeff Ubl, N.D. Gov. John Hoeven, U.S. Senator Byron Dorgan and Maj. Gen. David Sprynczynatyk, N.D. National Guard Adjutant General, cut the ribbon for a newly constructed building dedication ceremony, April 21, for the N.D. National Guard's 81st Civil Support Team.**



Michael Linnell, Minot Daily News

**A N.D. Army National Guard UH-60 Black Hawk helicopter from Co. C, 2nd Battalion, 285th Assault Aviation dumps water on a fire in Tressel Valley near Minot, N.D. on April 19-20. Two UH-60 Black Hawks responded to the fire and dumped approximately 72,000 gallons of water on two separate fires.**